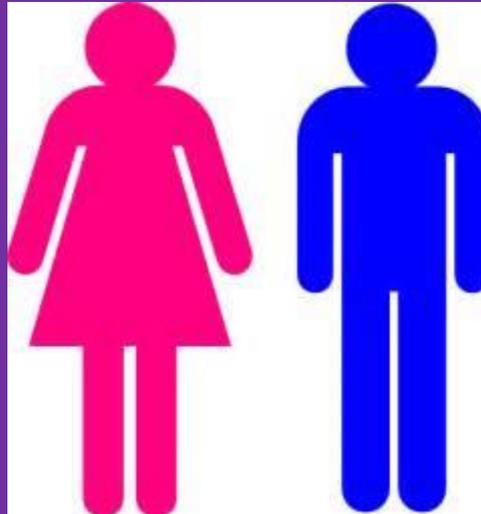


Contraception

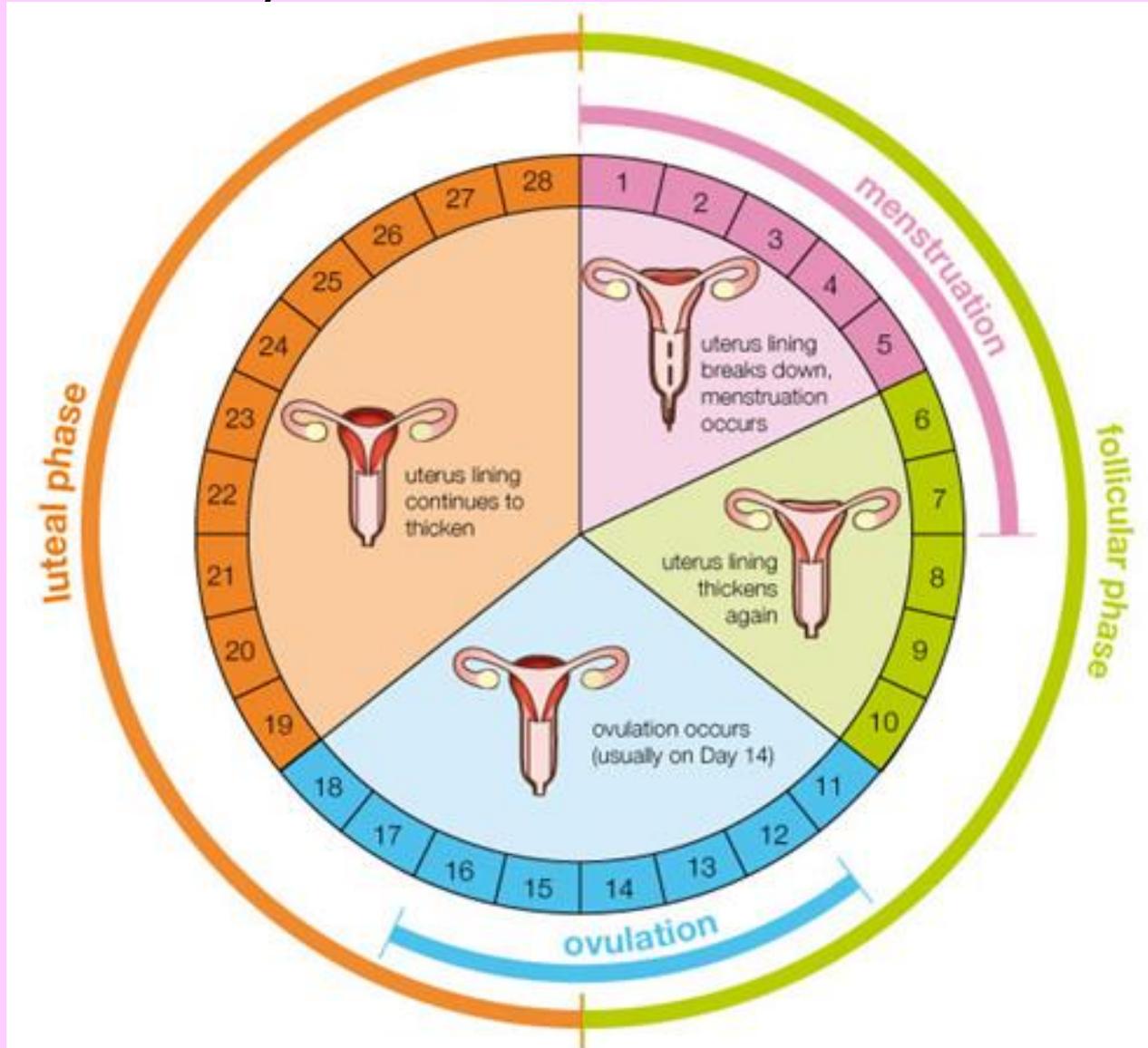
Pregnancy Prevention

Review of Reproductive System

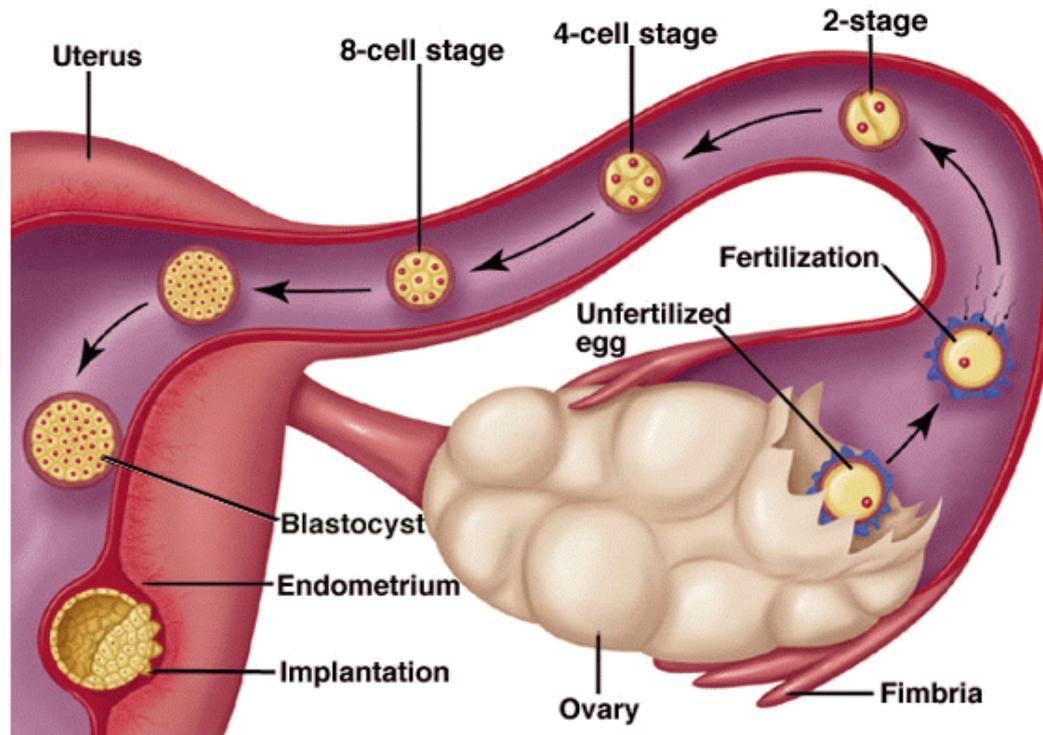
https://youtu.be/jRYEqOOqjH8_-



Menstrual Cycle



Fertilization in Fallopian Tubes



8 Weeks Fetus



20 weeks



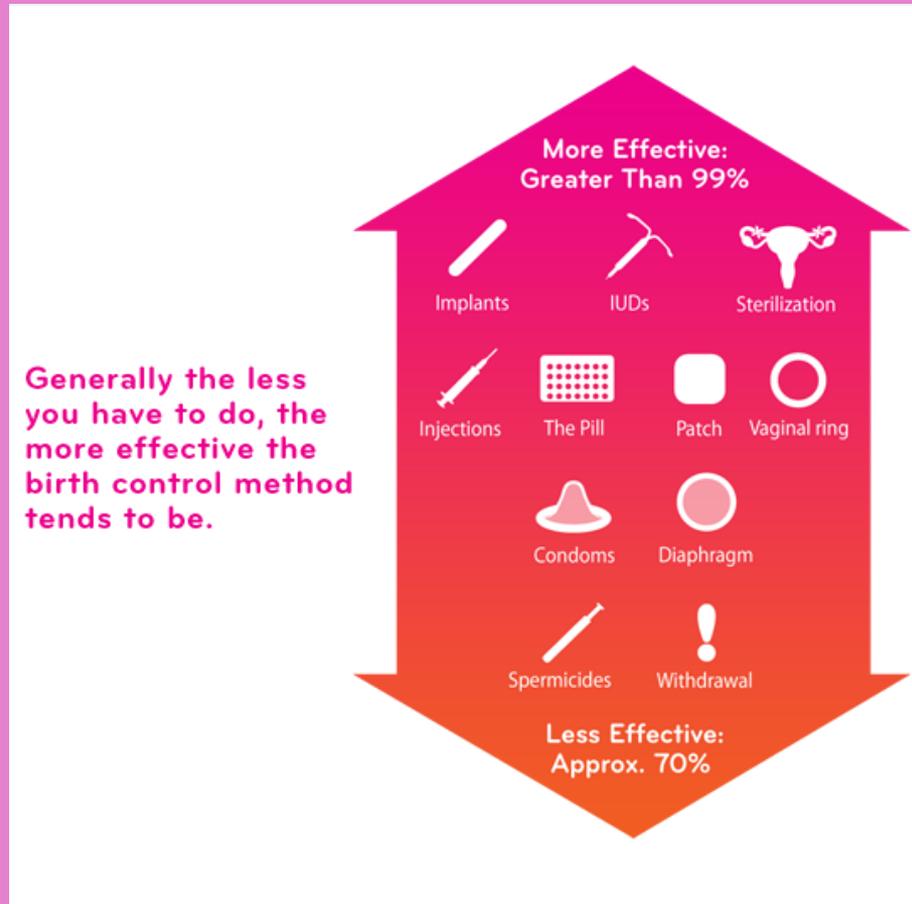
Full Term



Contraception/Pregnancy Prevention

- Abstinence – 100% Effective
- Hormonal Methods – Mirena IUD, Skyla IUD, Depo Shot, Nuva Ring, Patch, Birth Control Pills
- Barrier Methods – Condoms, Diaphragm, Cervical Cap
- Other – ParaGard IUD, Vasectomy, Tubal Ligation, Over the Counter Spermicides

How protected are you?



CONTRACEPTIVES VIDEO

- <https://youtu.be/8BlUCo0HHuw>

FACTS ABOUT IUD's

An IUD is a small, t-shaped device that's [placed in your uterus](#) by your OB/GYN during a routine visit.

Getting an IUD is **nonsurgical** and typically takes **just a few minutes**. Once in place, it provides continuous, highly effective birth control.

Everyone is different, and some women may experience discomfort or spotting during or after placement. These symptoms should go away shortly. If they don't, contact your OB/GYN. Within 4 to 6 weeks, you should return for a follow-up visit to make sure that everything is okay.

Some IUD releases a low dose of hormones and is [over 99% effective](#) at preventing pregnancy for up to 3 years.

No daily pills, monthly refills, or trips to the pharmacy. You should make sure IUD is in place with a **monthly self-check**. Your healthcare provider can show you how

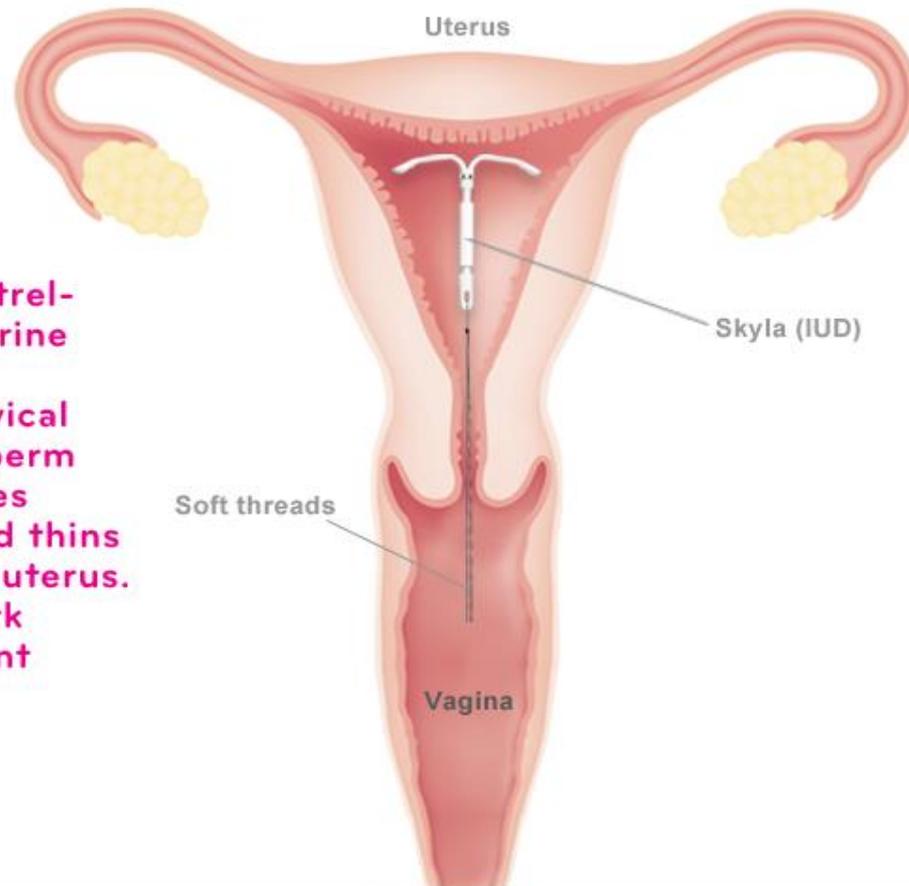
Made of soft, flexible plastic

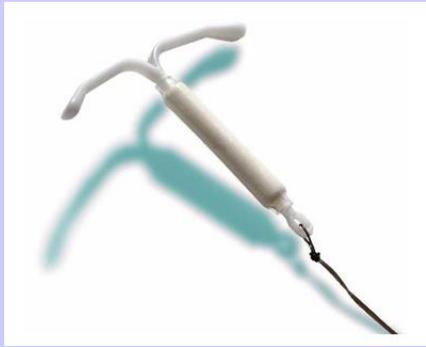
Completely reversible and can be **removed by your OB/GYN at any time** if you change your mind, so you can try to get pregnant right away

IUD's FDA-approved and can be used whether or not you have had a child. It is available by prescription only.

IUD

Skyla (levonorgestrel-releasing intrauterine system) 13.5 mg thickens your cervical mucus, inhibits sperm movement, reduces sperm survival and thins the lining of your uterus. These actions work together to prevent pregnancy.





Mirena IUD

- A [Mirena](#) prevents pregnancy by releasing a very small amount of a hormone called progesterone each day. This progesterone acts locally in the uterus to prevent pregnancy, instead of going throughout your whole body, the way the pill or some other hormonal methods do. The Mirena also contains no estrogen, so it has fewer hormonal side effects than a typical Pill.
- Many women who start using the Mirena IUD have irregular bleeding for 3-6 months. This bleeding is usually more like spotting—light and not painful. But you may not be able to predict your periods for the first several months, so always be ready!
- The good news about the Mirena? Once you get through the first 6 months, your periods usually stop altogether or are regular, light, short and not painful. If not having a period every month would make you sick to your stomach worrying that you're pregnant, you might prefer a ParaGard.

ParaGard IUD

- Most women who use [ParaGard](#) have heavier, longer, or crampier periods, especially for the first few months. After 6 months, many women's periods return to normal. If you already have really heavy or uncomfortable periods, or you are anemic (too little iron in your blood), you might prefer a Mirena.
- **ParaGard** produces an inflammatory reaction in the uterus that is toxic to sperm, which helps prevent fertilization
- A ParaGard prevents pregnancy thanks to a tiny copper filament wrapped around the T. ParaGard contains no hormones of any kind—it's the only super-effective non-hormonal birth control method around



IUD COMMON SIDE EFFECTS



Pain, bleeding or dizziness: These symptoms may occur during and after placement. If they do not stop within 30 minutes, Skyla may not have been placed correctly

The IUD may come out by itself. This occurs in about 3% of women, and you may become pregnant if this happens. If you think that Skyla may have come out, use a back-up birth control method (such as condoms and spermicide)

Ovarian cysts: About 14% of women using Skyla develop a cyst on the ovary. These cysts usually disappear on their own in a month or two, but can cause pain and at times require surgery

If you experience any of these side effects or want more information, talk to your OB/GYN.

THE BIRTH CONTROL "SHOT"



The birth control shot is a long-acting form of progesterone, a hormone that is naturally manufactured in a girl's ovaries. The shot is given as an injection in the upper arm or in the buttocks once every 3 months to protect a girl from becoming pregnant.

HOW DOES IT WORK?



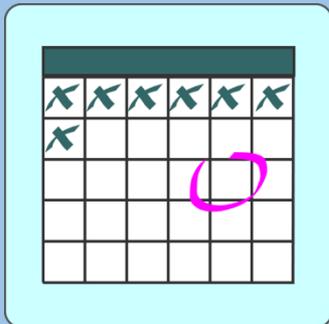
The hormone progesterone in the birth control shot primarily works by preventing ovulation (the release of an egg during the monthly cycle). If a girl doesn't ovulate, she cannot get pregnant because there is no egg to be fertilized.



How Well Does It Work?

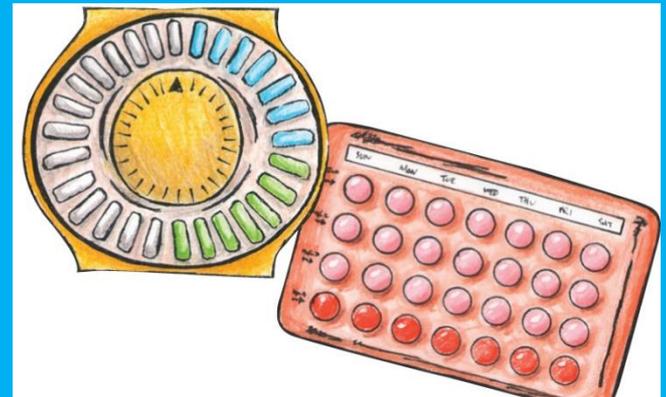


The birth control shot is a very effective method of birth control. Over the course of 1 year, fewer than 3 out of 100 typical couples who use the birth control shot every 3 months will have an accidental pregnancy. The chance of getting pregnant increases if you wait longer than 3 months to receive your next shot.



The "Pill"

The birth control pill (also called "the Pill") is a daily pill that contains hormones to change the way the body works and prevent pregnancy. Hormones are chemical substances that control the functioning of the body's organs. In this case, the hormones in the Pill control the ovaries and the uterus.

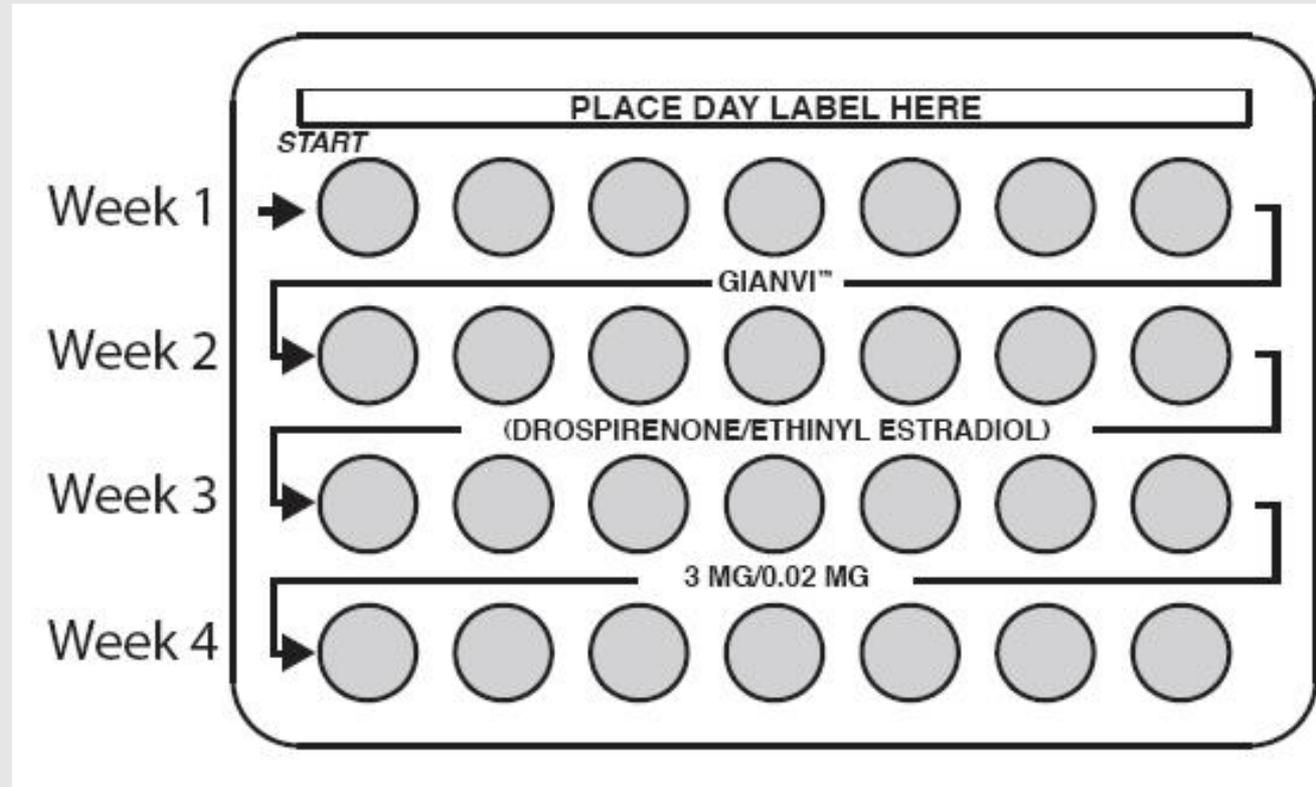




How does it work?

Most birth control pills are "combination pills" containing a combination of the hormones estrogen and progesterone to prevent ovulation (the release of an egg during the monthly cycle). A woman cannot get pregnant if she doesn't ovulate because there is no egg to be fertilized. The Pill also works by thickening the mucus around the cervix, which makes it difficult for sperm to enter the uterus and reach any eggs that may have been released. The hormones in the Pill can also sometimes affect the lining of the uterus, making it difficult for an egg to attach to the wall of the uterus.

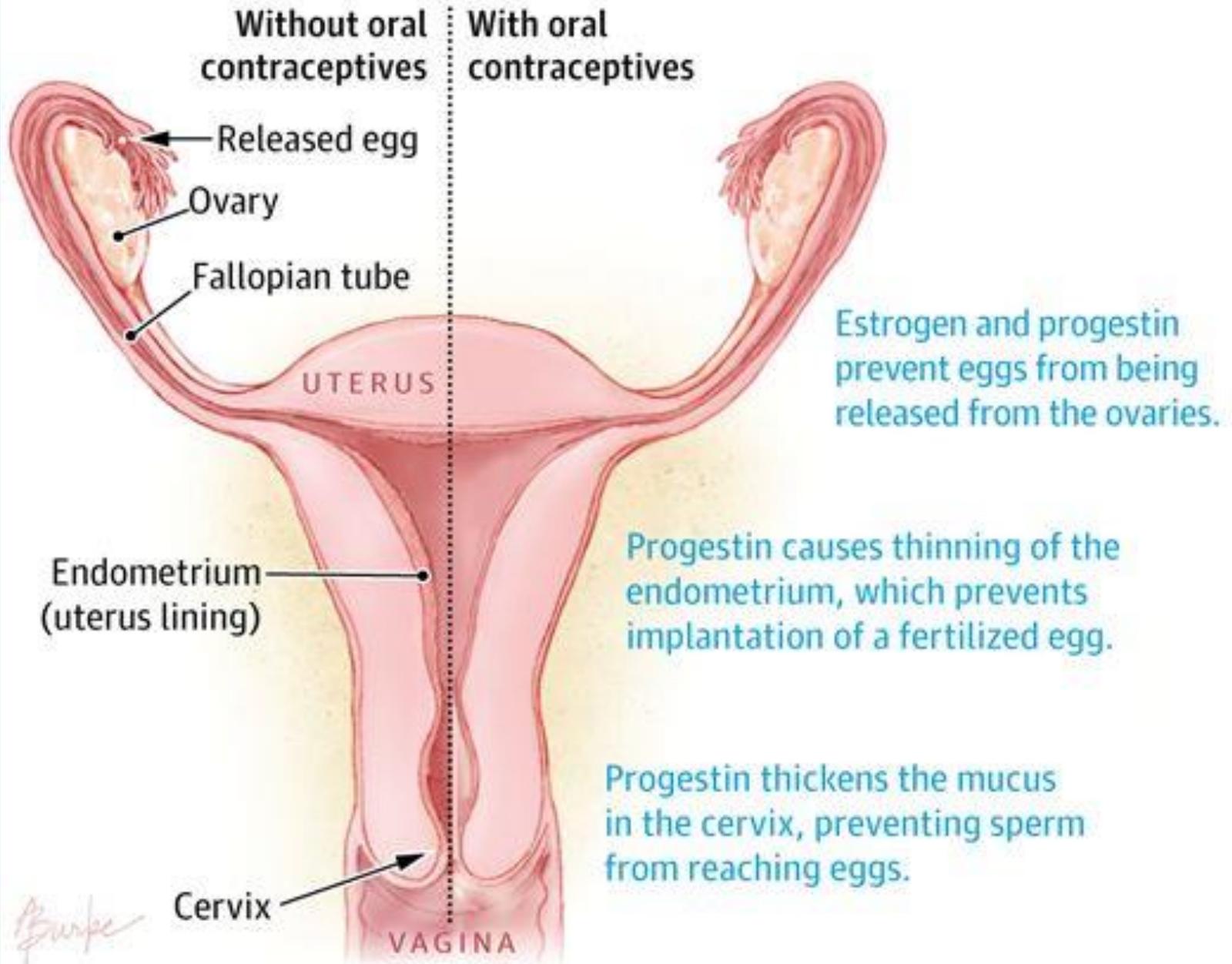
The pill pack





**57% of young women
(aged 18-31) missed an
average of 3 or more
pills per cycle^{3*}**

How do oral contraceptives work?



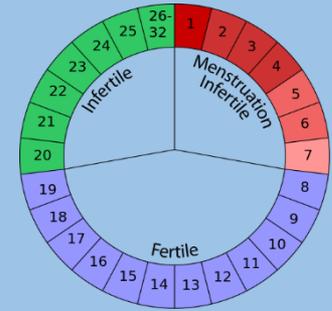


“The Patch”

The birth control patch is a thin, beige, $1\frac{3}{4}$ -inch ($4\frac{1}{2}$ -centimeter) square patch that sticks to the skin. It releases hormones through the skin into the bloodstream to prevent pregnancy. Hormones are chemical substances that control the functioning of the body's organs.



“The Patch”



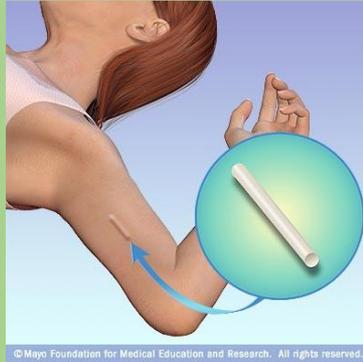
- The combination of the hormones progesterone and estrogen in the patch prevents ovulation (the release of an egg from the ovaries during a girl's monthly cycle). If an egg isn't released, a girl can't get pregnant because there's nothing for a guy's sperm to fertilize.
- The hormones in the patch also thicken the mucus produced in the cervix, making it difficult for sperm to enter and reach any eggs that may have been released. The hormones can also sometimes affect the lining of the uterus so that if the egg is fertilized it will have a hard time attaching to the wall of the uterus.



“The Ring”

The birth control ring is inserted into the vagina where it slowly releases hormones through the vaginal wall into the bloodstream to prevent pregnancy.

Implantable Contraceptive

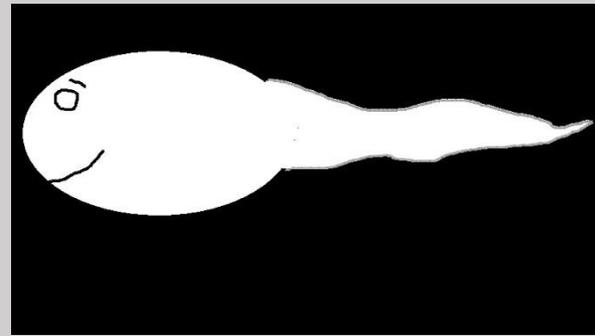


Implantable contraception is a small, flexible plastic tube containing hormones that doctors insert just under the skin of the upper arm. The hormones delivered in this way can help protect against pregnancy for up to 3 years.



Spermicide

Spermicides come in several different forms: cream, gel, foam, film, and suppositories. Most spermicides contain nonoxynol-9, a chemical that kills sperm. Spermicides can be used alone but are more effective when used with another method of birth control, such as a [condom](#) or [diaphragm](#).



- Spermicides immobilize and kill the sperm before they are able to swim into the uterus. To be effective, the spermicide must be placed deep in the vagina, close to the cervix. Creams, gels, and foams are squirted into the vagina using an applicator. Other types of spermicides include vaginal contraceptive film (VCF), a thin sheet placed in the back of vagina by hand, and vaginal suppositories.
- Spermicides must be placed in the vagina before sexual intercourse. The instructions will say how long before sex the spermicide should be used. Some offer protection right away. But most must be placed in the vagina at least 15 minutes before sex so they have enough time to dissolve and spread.
- All forms of spermicides are only effective for 1 hour after they are inserted. If more than 1 hour goes by before having sex, or if you have sex again, another application of spermicide is needed. When using spermicides, girls should not douche for at least 6 hours after having sex.



Diaphragm



The diaphragm is a dome-shaped bowl made of thin, flexible rubber that sits over the cervix

The diaphragm keeps sperm from entering the uterus by blocking the cervix. For added protection, [spermicide](#) is put into the bowl of the diaphragm and along its edges before inserting the diaphragm high into the vagina so it covers the cervix.



- The diaphragm is inserted up to 6 hours before having sex. More spermicide must be used each time a girl has sex while wearing the diaphragm. Additional spermicide should also be used if a girl is going to have sex more than 3 hours after she inserted the diaphragm. After sex, the diaphragm must be left in for at least 6 hours, but no longer than 24 hours. The diaphragm can be removed by placing a finger into the vagina to pull it out.
- Each time the diaphragm is removed, it must be washed (with mild soap and water), rinsed, and air dried, then stored in its case. It should not be dusted with baby powder and should never be used with oil-based lubricants such as mineral oil, petroleum jelly, or baby oil. These substances can cause the rubber to become brittle and crack. Other vaginal creams, such as yeast medicines, can also damage the rubber.
- A diaphragm should be replaced at least every 2 years. It should be examined regularly for holes or weak spots, and replaced as needed.

Cervical Cap



is a small, thimble-shaped cup made of silicone that fits over the cervix (the part of the uterus that opens into the upper part of the vagina). It is considered one of the barrier methods of birth control because it provides a physical barrier between a male's sperm and a female's egg.



The cervical cap keeps sperm from entering the uterus by covering the cervix. For added protection, [spermicide](#) is put into the cap before inserting the cap snugly over the cervix.

The cap can be inserted up to 6 hours before having sex and must be left in for at least 6 hours, but no longer than 48 hours. While the cap is in place, its position should be checked and spermicide should be added every time a couple has sex. After sex, the cap must be left in place for at least 6 hours.

The cervical cap keeps sperm from entering the uterus by covering the cervix. For added protection, [spermicide](#) is put into the cap before inserting the cap snugly over the cervix.

Condom



- Condoms are a barrier method of contraception. There are male condoms and female condoms:
- A male condom is a thin sheath (usually made of latex, a type of rubber) that is worn on the penis.
- A female condom is a polyurethane sheath with a flexible ring at either end. One end is closed and inserted into the vagina; the other end is open and the ring sits outside the opening of the vagina.

ABOUT PLAN B ONE-STEP®



Plan B One-Step® emergency contraception is a backup plan that helps prevent pregnancy when taken within 72 hours (3 days) after unprotected sex or birth control failure. The sooner it's taken, the better it works. It contains levonorgestrel, the same hormone used in many birth control pills—just at a higher dose. It should not be used as regular birth control, because it's not as effective



- Generally safe and effective—when taken as directed, Plan B One-Step[®] helps prevent nearly 7 out of 8 potential pregnancies.
- Some women may experience side effects, such as a period that is lighter, heavier, early or late; nausea; lower abdominal pain/cramps; tiredness; headache; dizziness; breast tenderness; and vomiting.
- Accessible—the first FDA-approved emergency contraceptive to be available over the counter. It can usually be found in the feminine care aisle at many retail stores when you need it—without a prescription or ID, and with no age restriction

****Plan B One-Step[®] is NOT: It's not an abortion pill. It will not work if you are already pregnant and will not harm an existing pregnancy. It is not intended for routine use because it is not as effective as regular birth control methods. **It does not protect you against HIV/AIDS or other sexually transmitted diseases (STDs).****

What You Need to Know About Plan B One-Step

Plan B One-Step is a **safe and effective** method of emergency contraception for women. It prevents pregnancy after unprotected sex or contraceptive failure by delaying ovulation. Here are the **current facts** so you can make an informed decision about using Plan B One-Step:

50

The percentage of pregnancies in the United States that are unintended.



45

The average price of Plan B One-Step.



72

The maximum number of hours after sex that Plan B is effective. It is best when used as soon as possible.



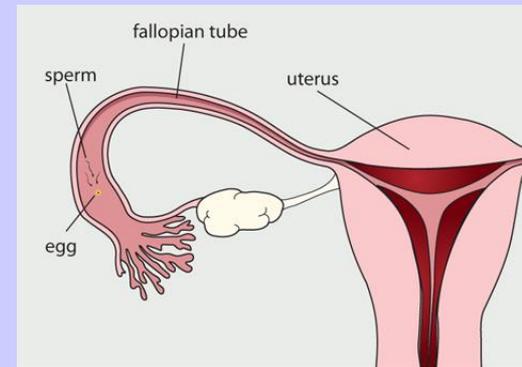
88

The percent effectiveness of Plan B when used correctly.



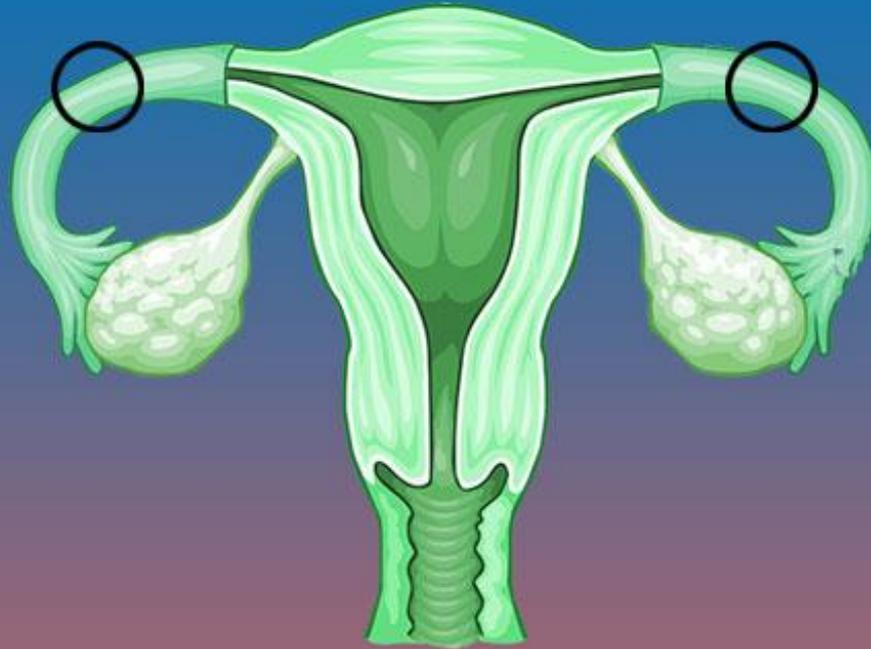
On Monday, June 10th, the Obama administration ended efforts to restrict access to Plan B One-Step. **Now**, men and women of all ages are able to buy the pill over-the-counter without a prescription.

Female sterilization

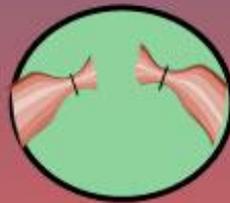


Tubal ligation or tubectomy (also known as having one's "**tubes tied**" (ligation)) is a surgical procedure for sterilization in which a woman's fallopian tubes are clamped and blocked, or severed and sealed, either method of which prevents eggs from reaching the uterus for implantation. However, fertilization can still occur in the fallopian tubes.

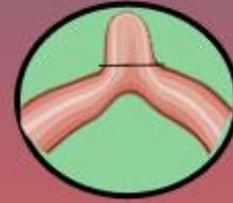
Tubal Ligation Reversal



Cauterized



Tied and Cut

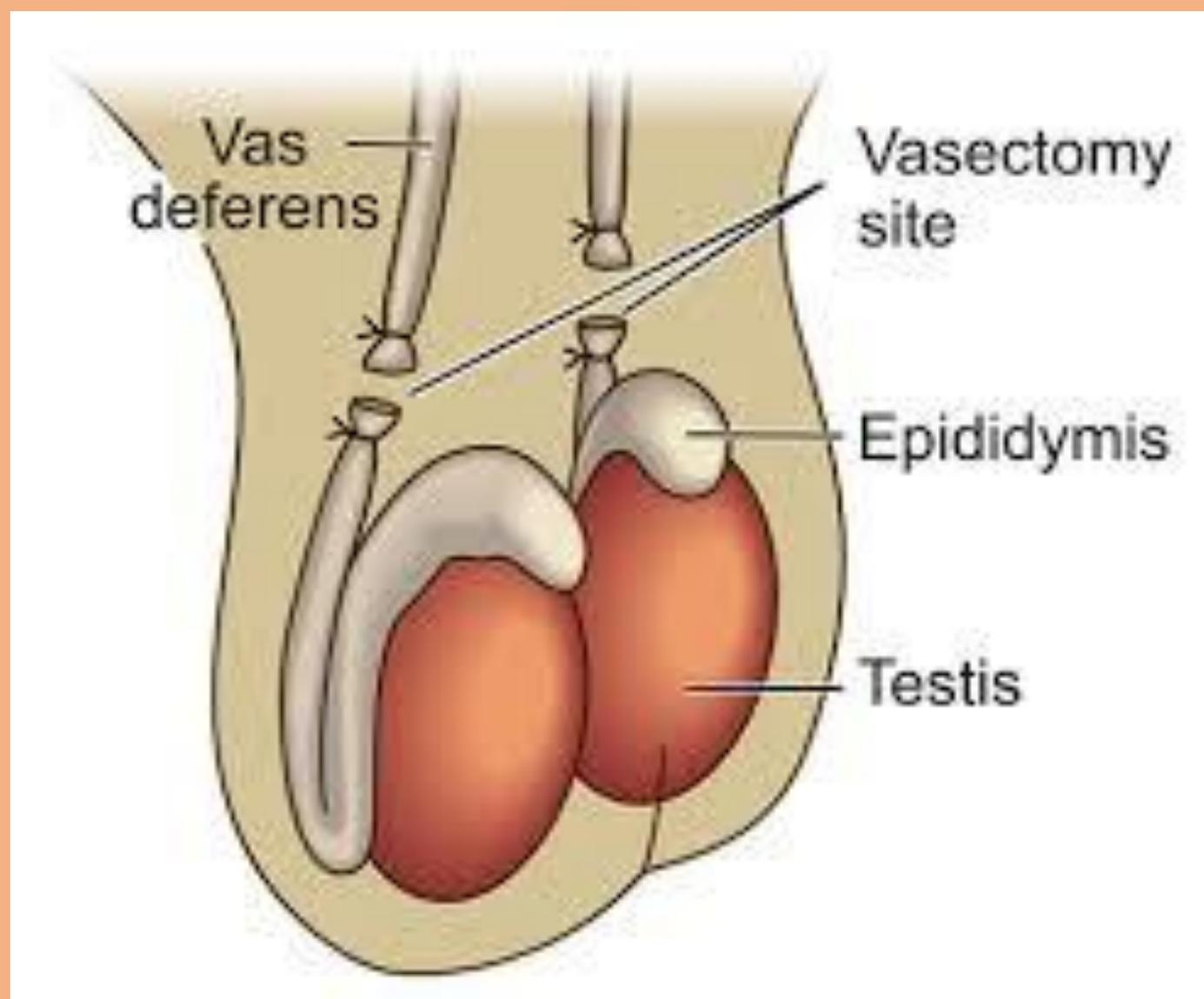


Banded

QualitySurgeryIndia.Com

Male sterilization

Vasectomy is an outpatient procedure done under local anesthesia. After the local anesthesia is injected, the health care provider then makes tiny cuts (incisions) in the scrotum, the sac that holds the testes or "balls." The vas deferens—two tubes that carry sperm to the penis—are then cut, tied or blocked.



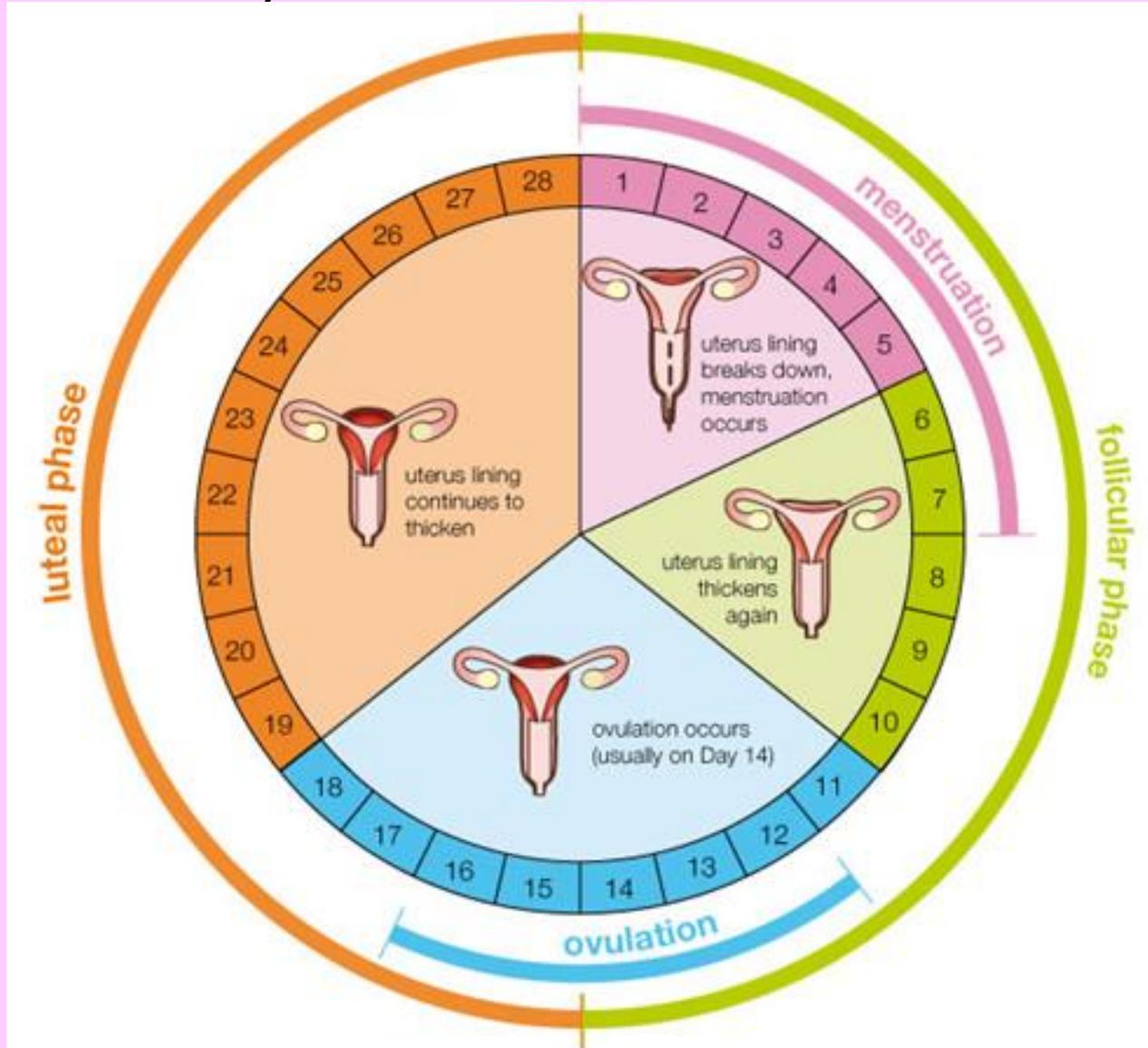
3. How effective are different birth control methods?

Sexually active teens should use condoms to prevent sexually transmitted diseases and consider using another type of birth control to further reduce the risk of pregnancy.

Risk of pregnancy with typical use	Type of birth control*	How to use it
Less than 1 pregnancy per 100 women in a year	Implant	<ul style="list-style-type: none"> Placed by health care provider Lasts up to 3 years
	Intrauterine devices (IUDs)	<ul style="list-style-type: none"> Placed by health care provider Copper IUD — Lasts up to 10 years Progestin IUD — Lasts 3–5 years
6-12 pregnancies per 100 women in a year	Injectable	<ul style="list-style-type: none"> Given by health care provider 1 shot every 3 months
	Patch	<ul style="list-style-type: none"> Apply a new patch each week for 3 weeks (21 total days) Don't wear a patch during the 4th week
	Ring	<ul style="list-style-type: none"> Place ring into the vagina yourself Keep the ring in your vagina for 3 weeks, and then take it out for 1 week
	Pill	<ul style="list-style-type: none"> Swallow a pill every day
	Diaphragm	<ul style="list-style-type: none"> Use correctly every time you have sex
18 or more pregnancies per 100 women in a year	Male condom	<ul style="list-style-type: none"> Use correctly every time you have sex
	Female condom	<ul style="list-style-type: none"> Use correctly every time you have sex
	Sponge	<ul style="list-style-type: none"> Use correctly every time you have sex
	Rhythm method	<ul style="list-style-type: none"> Use correctly every time you have sex
	Spermicide	<ul style="list-style-type: none"> Use correctly every time you have sex
	Withdrawal	<ul style="list-style-type: none"> Use correctly every time you have sex

*The most effective methods also include sterilization, but because this method is very infrequently used by teens, it was not included in the table.

Menstrual Cycle



Food and Drug Administration (FDA) Approved Methods of Birth Control

Methods	*Number of women out of 100 who will not get pregnant: "perfect use"	*With typical use, number of women out of 100 who will not get pregnant	How to Use It
Sterilization Surgery for Women	>99%	>99%	One-time procedure; nothing to do or remember
Surgical Sterilization Implant for Women	>99%	>99%	One-time procedure; nothing to do or remember
Sterilization Surgery for Men	>99%	>99%	One-time procedure; nothing to do or remember; condoms should be used for at least 3 months until stored sperm are cleared from the reproductive tract.
Implantable Rod**	>99%	>99%	Nothing to do or remember, lasts up to 3 years, prescription needed
IUD**	>99%	>99%	Nothing to do or remember, lasts 5-12 years (new IUD, Skyla, is 3-10 years); prescription needed
Shot/Injection	>99%	94%	Need a shot every 3 months, prescription needed
Oral Contraceptives (Combined pill) "The Pill"	>99%	91%	Must swallow pill everyday, prescription needed
Oral Contraceptives (Progestin-only) "The Pill"	>99%	91%	Must swallow pill everyday. Must be taken at the same time each day. Prescription needed
Oral Contraceptives Extended/Continuous Use: "The Pill"	>99%	91%	Must swallow pill everyday. Prescription needed
Patch	>99%	91%	Put on a new patch each week for three weeks (21 total days). Don't put on patch during the fourth week. Prescription needed
Vaginal Contraceptive Ring	>99%	91%	Put the ring into the vagina yourself. Keep the ring in vagina for three weeks and remove for one week. Prescription needed
Male Condom	98%	82%	Must use every time you have sex; requires partner's cooperation. Except for abstinence, latex condoms are the best protection against HIV/AIDS and other STIs.
Diaphragm with Spermicide	94%	88%	Must use every time you have sex
Sponge with Spermicide	80-91%	76-88%	Must use every time you have sex
Cervical Cap with Spermicide	74%	60%	Must use every time you have sex.
Female Condom	95%	79%	Must use every time you have sex. May give some protection against STIs
Spermicide	82%	72%	Must use every time you have sex. Associated with risk of STI and HIV due to vaginal irritation with frequent use
Emergency Contraception – If your primary method of birth control fails			
Emergency Contraceptives, "Plan B, Plan B One Step, Ella"	85%	7 out of 8 women would not get pregnant after using Emergency Contraceptives	Must use within 72-120 hours of unprotected sex. It is most effective taken as soon as possible after the unprotected act. It should not be used as a regular form of birth control.

*Effectiveness rates are listed for "perfect use" and "typical use."

**Implantable rod and IUD considered Long-Acting Reversible Contraceptives (LARC) and are highly recommended for young women who do not wish to become pregnant, but may want to have children later. Source: *Contraceptive Technology 20th*, 2011

Next class

- STD's/HIV/AIDS
- Resources- How to get help



Front- TWO things you learned or “surprised you”.

Back- Any questions you may have ???